

SUPER HERO

How to make a Simple Cape
Lay out one large t-shirt.

2. Cut off the sleeves.

3. Cut up the sides and lay the shirt open.

4. Cut out the shape of a cape, being careful to keep the neck hole intact.

Super Hero Day
Superhero and Villains day. The two week theme of "Alternate Reality" and each day had its own mini-theme. What better way to kick off than with an epic battle between good and evil?

Icebreakers.
"Pass the Superpower" and "Practice the Superpower."
In "Pass the Superpower," kids had a super power (an object to be passed) that they were sending around a circle to protect it from the "villains" (staff). They could "whiz" (pass), "boink" (reverse), or "zap" (pass across) while staff around the outside of the circle reached in to grab the super power.
In "Practice the Superpower," kids spread out throughout the room and had to freeze. Shout out a super power and kids would have to practice that power. I would then shout out another, and while still practicing the first, they would practice the second. When we got to three, I would shout out "regular person" and they would go back to having no powers. Example: "You can lay magical eggs!" "You can roar as loud as a lion" "You can jump higher than a Kangaroo!" *Kids pretend to lay eggs (the faces were great!), while roaring, while jumping.

Super Hero Team Quest.
"Help! A Super Villain of the very worst kind has invaded OSCAR! He has placed 8 objects of mass destruction throughout the club and we need your help to find them!"
THE QUEST: Members were asked to help us save the club and collect these objects of mass destruction. No one, however, can complete a quest without superpowers. Kids would need to collect super powers along the way. These powers would allow them to enter different rooms and spaces in the building where they could retrieve the objects. Members were divided into groups, assigned a staff member, and let loose to reach their destiny!
OBJECTS OF MASS DESTRUCTION: 8 sheets of paper with the words "Object of Mass Destruction" were hidden throughout the club for each team (4 teams = 32 sheets total). It was each team's mission to find all 8.
SPACES: In order to find them, teams had to earn the right

to enter the rooms in which they are hidden by having the correct super powers. Each room was labelled as a different place. The requirements to enter were posted on the doors. Some of the places we used and their requirements for entering were:

The Jungle (kids must be able to sing tigers to sleep)
The Ocean (kids must be able to breathe under water, stay warm and be invisible)
The Sky (members must be able to leap tall buildings and fly)
Outer Space (members must be able to fly and stay warm)
The Alligator Swamp (members must be able to breathe under water)

The Olympics (members must be able to leap tall buildings, have super strength and have super speed)
The Quarry (members must have super strength)
The Racetrack (members must have super speed)

SUPER POWERS: Matching superpowers should be placed throughout the space for kids to be able to collect, but each had a few strings attached. In order to keep the super power and not lose it, children have to practice it or represent it. Instructions for what is required needs to be written on each sheet of paper that the kids need to find. Here are some superpowers ideas.

Singing Animals to Sleep. Whenever the team is in the hallway (the jungle), the team must be singing the whole time so that the tigers don't wake up.

Super Speed. When they get this power, they must all run in place for 5 minutes as a team. Then, upon entering any room after that, 1 member must run in place for at least 1 minute.

Super Strength. When they get this power, they must all do 10 push-ups. For the rest of the game, one member must have their arms flexed.

Ability to Stay Warm. One member must put on an extra coat/sweater for the rest of the game.

Ability to Breathe Underwater. One member must plug their nose for the rest of the game.

Ability to Fly. One member must flap their arms like wings for the rest of the game.

Ability to Leap Tall Buildings. One member must hop/jump for the rest of the game.

Invisibility: One member must go to the front desk to get an "invisibility" cloak. At least one member of the team must wear the cloak for the rest of the game.

A Few Notes/Tips:

Let kids switch powers to take turns/take breaks.

If you replicate, be sure that it make sense logically. Kids can't get the power to fly unless they are able to get into the room where that power is. If the power to fly is housed in the room that requires the power of strength, but you can't get to the power of strength without going



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SNOOD Activities

HOLIDAY PROGRAMME THEME IDEAS

Amazing race
Ideas and accessories you can make:

<http://www.chicaandjo.com/2010/07/05/amazing-race-party/>

Download printables small fee but great for authenticity:
[https://www.etsy.com/listing/169517458/the-amazing-race-party-printables?](https://www.etsy.com/listing/169517458/the-amazing-race-party-printables?ref=shop_home_active)

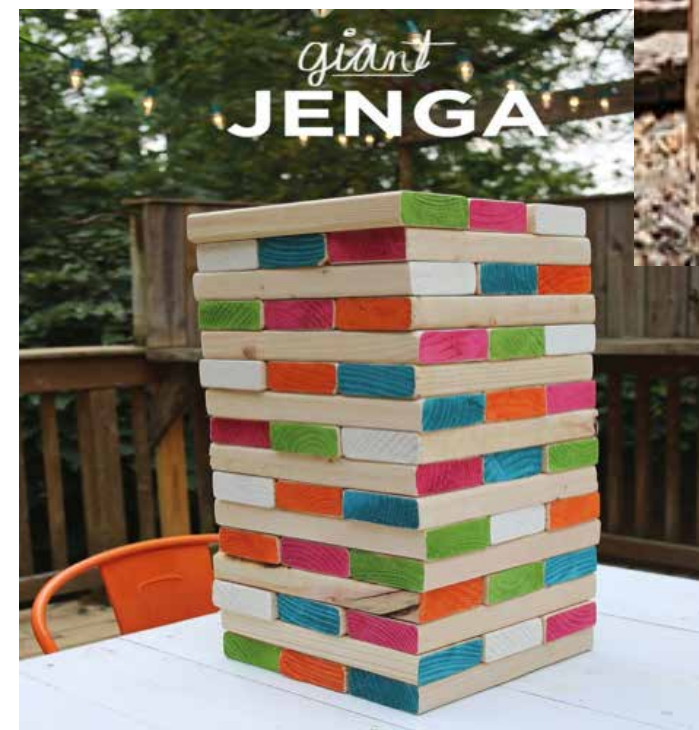
Check out Pinterest for lots of boards full of ideas!

Super-Size your games - get the children involved in making new games.

Jumbo Backyard Ker-Plunk Game

For instructions on how to make this:
<http://www.allparenting.com/my-home/articles/968327/diy-backyard-ker-plunk-game>

Scavenger Hunt



RAINBOW

Bake rainbow food- there are zillions of rainbow food recipes on the net!

Rainbow scavenger hunt!
Painting in all its wonderful variations!



SLIME

- 1 and 1/2 cups (350ml) of water
- 3 to 4 drops of food colouring
- 2 cups corn flour

There are two options for this rainbow slime recipe.

1. Make small batches, mixing the colour in immediately.
2. We chose to make a huge bowl of white slime and add the colour in later.



ONE COLOR MURALS

Choose a colour you want to work with, such as red.

1. Have the children look through magazines and tear out pictures of red items (Just the red parts-and all shades of it).
2. Have them brush red paint on butcher paper and press the magazine pieces of red on the wet paint to create a group "red mural."
3. Repeat the activity on other days with other colours.
4. Can also do this on cardboard and modge podge over paper or canvas This could be an on-going project. It can take a while to gather all the pieces of coloured paper to modge podge the collage.

OR make your own Home Made Mod Podge Recipe

To make a jar of fake Mod Podge you need 1 cup of glue and 1/3 cup of water. Shake really well and use as you would Mod Podge. To make it gloss adds 2 table spoons of water based varnish or to make the sparkly add super fine glitter.

GROUP FOLD-OVER DRAWINGS GAME

1. Give everyone a piece of paper.
2. On the top section, draw a head. It can be an animal head or a person's head, as weird as you like. Now fold that section back, so that it's hidden, and pass it to the next person.
3. Without looking at the hidden drawing, the next person draws a chest and arms of a person, animal, or creature - folds it back - and passes it on to the next person.
4. Without looking at the previous pictures, that person draws a body - the stomach and hips.
5. The last person draws the legs and feet.

You can have more or fewer sections - depending on the number of people you have drawing.

When complete, unfold your papers and see what unique people/creatures you have drawn!

CONTINUOUS LINE ART

1. Turn on a kitchen timer to one minute.
2. Using a marker, begin drawing but don't pick up your marker.
3. Make one long continuous line going up, down, across and around.
4. When the timer goes off, colour in the spaces.

PUFFA PAINT

Combine the following in a little bowl:

- 1 tablespoon self-raising flour
- a few little drops of food colouring
- 1 tablespoon salt

1. Then add some water to make a nice smooth paste.
2. Paint away on a thick sheet of cardboard (if you don't have enough paint brushes use cotton buds - they work really well).
3. Microwave the design on high for 10 - 30 seconds until the paint puffs and it's dry.



TOAST ART & SNACK IN ONE!

Ingredients:

Bread, Milk, Food colouring, cinnamon sugar, butter, small paper cups, thin brushes or cotton-tipped swabs

Mix "paint" by combining food colouring with milk. Paint designs on one side. When changing colours be sure to remind kids to use different brush or swab. When complete - toast in toaster on light or under broiler. Can eat as is - or while still hot butter and sprinkle with cinnamon - sugar.

Polish the picture by rubbing wax paper on it - to give it a shine. You can also use a chamois cloth or even a plastic bag.

FACE PAINT RECIPE

(For six colors)

- 6 tablespoons of corn flour; divided
- 3 tablespoons of water; divided
- 3 tablespoons of cold cream; divided
- 6 cup muffin tin
- Food colouring

1. In each cup of the muffin tin put 1 teaspoon of corn flour, 1/2 teaspoon of cold cream, and 1/2 teaspoon of water.
2. Add a different colour food colouring to each cup.
3. Mix well.



MAKE NEW CUPCAKE TIN CRAYONS

1. Take the paper off old crayons
2. Break them into pieces.
3. Spray muffin/cupcake tins with non-stick spray or lightly coat with oil - OR - Line the cups of a miniature muffin tin with aluminium foil cupcake liners of regular liners 3 each deep.
4. Put crayon pieces into muffin tins and melt in an oven at 250 degrees until just melted - you can mix the crayons in the tins but you may want to have separate colors as well.
5. Let tins cool.
6. Turnover and rap back of tins hard.

***You can use a toothpick to make a swirl effect in the wax before it cools. Just be careful, the wax is very HOT!*

HOMEMADE WATER COLORS

Ingredients:

- 4 tablespoons baking soda
- 2 tablespoons white vinegar
- 1/2 teaspoon glycerine (available at your local pharmacy)
- 2 tablespoons corn-starch
- Red, blue, yellow food colouring

1. Mix the vinegar and baking soda in a small bowl or jar until mixture stops foaming.
2. Add the glycerine and corn flour and stir thoroughly.
3. Pour the mixture into small paper cups or containers.
4. Now y drops
5. Mix e overni

